

10K TRAINING PLAN



Before you start remember that your body may need time to adjust to your new fitness regime. We recommend you ideally start your training plan no less than eight weeks before you start your challenge. When training, stick within the limits of speed and distance that are comfortable for you. And remember, rest is as important as time spent on your feet. We strongly recommend that you rest on two to three days out of seven, depending on whether you use the beginner or intermediate training plan.

BEGINNER							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	REST	1.5 mile run	Cross train or REST	1.5 mile run	REST	2 mile run	20-25 min easy
WEEK 2	REST	2 mile run	Cross train or REST	2 mile run	REST	2.5 mile run	20-25 min easy
WEEK 3	REST	2.5 mile run	Cross train or REST	2 mile run	REST	3 mile run	25-30 min easy
WEEK 4	REST	2.5 mile run	Cross train or REST	2 mile run	REST	3.5 mile run	30-35 min easy
WEEK 5	REST	3 mile run	Cross train or REST	2.5 mile run	REST	4 mile run	35-40 min easy
WEEK 6	REST	3 mile run	Cross train or REST	2.5 mile run	REST	4.5 mile run	40-45 min easy
WEEK 7	REST	3.5 mile run	Cross train or REST	3 mile run	REST	5 mile run	40-45 min easy
WEEK 8	REST	3 mile run	Cross train or REST	2 mile run	REST	REST	RACE DAY

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INTERMEDIATE

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1	Cross train or REST	4 x 400m intervals	3 mile run	30 min tempo	REST	4 mile run	30 min easy
WEEK 2	Cross train or REST	5 x 400m intervals	3.5 mile run	35 min tempo	REST	5 mile run	35 min easy
WEEK 3	Cross train or REST	6 x 400m intervals	3.5 mile run	35 min tempo	REST	6 mile run	35 min easy
WEEK 4	Cross train or REST	7 x 400m intervals	4 mile run	40 min tempo	REST	6 mile run	40 min easy
WEEK 5	Cross train or REST	8 x 400m intervals	4.5 mile run	40 min tempo	REST	7 mile run	40 min easy
WEEK 6	Cross train or REST	8 x 400m intervals	4.5 mile run	40 min tempo	REST	7.5 mile run	45 min easy
WEEK 7	Cross train or REST	6 x 400m intervals	4 mile run	40 min tempo	REST	8 mile run	45 min easy
WEEK 8	Cross train or REST	3 mile run	40 min tempo run	3 mile run	REST	REST	RACE DAY

Glossary

Easy: Training to be done at your own pace, jogging and walking where necessary.

Cross Train: This is non running based training, for example going to the gym or playing a squash match.

Tempo Training: The middle parts of these sessions should involve you running at your race day pace or just above it. Before and after that section you should jog to warm up and cool down.